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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

MAKE FOOD YOUR FRIEND

By Jane Kriese

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The food you choose to eat, can be your answer to a healthy vibrant body or it can be the cause of your sick body. The fact is we need good nutrition for good health.

Good nutrition can be broken into four categories: water, carbohydrates, protein and fat.

WATER; water is an essential nutrient involved in every function of the body. It helps transport nutrients and waste products in and out of cells. We need to drink at least 8 to 10 glasses of filtered water each day.

CARBOHYDRATES; carbohydrates supply the body with energy. The best carbohydrates are from plants and include: fruits, vegetables, legumes (peas, beans) or milk and milk products. Young children need higher amounts of dairy products as they grow. Adults should refrain from too many dairy products, because they are acid forming foods. To learn more about acid forming foods and how it relates to our health, refer to; www.herbs4health.net and read the article called "The Fountain Of Youth".

PROTEIN; Protein is essential for growth and development, it provides energy and is required to manufacture hormones, antibodies, enzymes and tissue. The correct proteins also help maintain the proper acid-alkaline balance in the body. Protein can be found in meat, fish, poultry, eggs, hemp hearts, grains, legumes, leafy green vegetables, beans, brown rice, some nuts, milk and dairy products.

FATS; fat is the most concentrated source of energy. Children require more fat for normal brain development. All humans need fat to provide energy to the body. We get our fat from animal and dairy products, as well as the different types of oil such as; olive oil, coconut oil, hemp oil, vegetable shortening and many other types of commercially prepared oils. Some fats are good for us and others are not. It is important for a person to research the information on good fats versus bad fats.

There are many different eating plans and each person must find one that suits their body and lifestyle. The newest health information is now suggesting that over 50% of all the food that we consume should come from vegetables and fruits. The Canadian Cancer Society suggests 8 to 10 servings of fruits and vegetables a day. Most of these should be raw. You have the knowledge about the basic foods we need to maintain a healthy body.

To learn even more about how our diet affects our body, I suggest you read the book "Death By Diet" written by Robert Barefoot

MAKE FOOD YOUR FRIEND

Here is the rest of the story.

FOODS WE SHOULD ELIMINATE

There are many foods that we all like to eat, but they can be harmful and don't offer any nutritional value. We should eliminate these foods from our diets:

All white food, white flour, white sugar, white rice, and white pasta.

Junk food; such as soda, candy and chips.

Prepackaged foods, frozen dinners and other commercially prepared frozen foods. Processed meats, commercially canned foods, such as vegetables, fruits, baby foods, juices, sauces and condiments.

The exception to this rule is buying organically prepared foods.

Right now you might be feeling overwhelmed, but if you start slowly and change your shopping habits bit by bit, your taste buds will change and you will embrace the new eating plan.

Soon you will have a healthy, vibrant body!

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Would you like to have a Healthy Vibrant Body?

To learn more, sign up for Jane Kriese's Herbs For Health Newsletter, and receive your free alkalinity testing kit, at; www.herbsforhealthstore.biz

I am the web master for the site, www.herbsforhealthstore.biz, My passion is the holistic world. I love to study, and write articles, about holistic cures for life style diseases. It is exciting to educate people, and watch as they change their life style by, introducing holistic products, and new habits, into their life. The holistic world is full of hope and joy, and I believe with effort we can have a healthy vibrant body.

Be Your Own Best Friend

By Sibyl McLendon

What does being a "best friend" mean to you? I imagine that just about everyone is or has been a best friend to someone in their lives. I encourage you to take some time and examine what being someone's best friend really means.

Usually, a best friend is supportive of you when you need it. If they disagree with something that you are doing, they are honest about it without being judgmental with you. And, they can still be supportive of you even when they are not sure that you are right.

A best friend loves you no matter what. They are accepting of what you look like. They understand your limitations, but love you anyway. If you fail at something they are there for you, to help you pick up the pieces and try again.

MAKE FOOD YOUR FRIEND

A best friend never talks badly about you. They only want the best for you!

You certainly are deserving of all of this in your life.

Why not try being your own best friend? Treat yourself as well as you would treat your best friend. You would not talk badly about your best friend, so don't talk badly about or to yourself. Would you force your best friend to do something that they did not want to do? Then don't force yourself. Would you want your best friend to be in a loving, respectful relationship? Then find that for yourself. Be just as loving and kind and good to yourself as you would be to someone else that you loved.

Try sitting down and making a list of the qualities that a best friend has. Then work on applying these qualities to yourself, for yourself.

Learn to hold your own hand and be the most supportive person in your life. When you learn to be your best friend, then everything changes for the better. You are not dependant on others for your self-esteem. You are not always looking outside of yourself for your own happiness and success. When you learn to respect yourself, you also learn that you deserve only the best that life has to offer. Then, you go out and get it!

Sibyl McLendon is a personal spiritual coach for Circle Of Grace

. Circle Of

Grace is a unique blending of Native American spirituality and holistic wellness coaching, and has loads of free stuff for you personal growth. Sibyl is 1/2 Navajo, and lives in southwestern part of the U.S.

Be Your Own Best Friend

Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

Your Cat or Kitten Will Love You More, When You Follow this Guide to Feline Feeding

We All Have A Personality – So Why Don't We Show It

Women's Guide: Friends to let go!

Smoothies for Athletes

Recipes from the Heartland

How to become a Chef!

Complete Library Of Cooking

Beat that Fat

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